

**DEPARTMENT OF THE NAVY
NAVAL AIR SYSTEMS COMMAND
PATUXENT RIVER, MARYLAND 20670-1139**



**PLAN OF THE WEEK
18 JULY 01 – 24 JULY 01**

**ALL ORDERS, INSTRUCTIONS AND ITEMS OF PERTINENT INTEREST SET FORTH HEREIN
WILL BE ANNOUNCED AT DEPARTMENT/DIVISION MEETINGS. ALL HANDS ARE RESPONSIBLE FOR READING
THE PLAN OF THE WEEK AND OBEYING APPLICABLE ORDERS.**

**COMMANDER:
VICE COMMANDER:
COMMAND MASTER CHIEF:
COMMAND CAREER COUNSELOR:
DRUG AND ALCOHOL ADVISOR:
OMBUDSMAN:
SECURITY MANAGER(ACTING):
COMMAND MANAGED EQUAL OPPORTUNITY OFFICER:
NAVAIR AFTER HOURS (BASE CDO):
NAVAIR INSPECTOR GENERAL HOTLINE:
NAVY FRAUD, WASTE, AND ABUSE HOTLINE:
NAVY SEXUAL HARASSMENT ADVICE LINE:
NAS PATUXENT RIVER, FRAUD, WASTE AND ABUSE HOTLINE:
NAVAIR MILITARY SUPPORT SERVICES WEB SITE:
BUPERS HOME PAGE:**

**VADM J. W. DYER
RADM J. A. COOK
CNOMC(AW) J. CONNOR, 7-7985
AE1 MURACH, 7-7842
AMHC(AW) YOUNG, 7-8293
MRS. REBECCA CONNOR, (301) 863-1827
MR. J. CODY, 7-2930
LCDR K. J. GARBE, 2-2683
2-1095
(301) 757-1168
1-800-522-2451
1-800-253-0931
(301) 342-7519
[HTTP://HRO.NAVAIR.NAVY.MIL/MILITARY](http://HRO.NAVAIR.NAVY.MIL/MILITARY)
[WWW. BUPERS.NAVY.MIL](http://WWW.BUPERS.NAVY.MIL)**

CARRY OUT DAILY ROUTINE WITH THE FOLLOWING ADDITIONS AND/OR DELETIONS

PROPOSED 2002 MILITARY PAY TABLE ONLINE: Department of Defense (DOD) officials have released the proposed fiscal 2002 active duty military pay table. The American Forces Press Service reports that the pay table incorporates the proposed 4.6 percent pay raise service members would get if Congress approves the Bush Administration's fiscal 2002 DOD budget request. If approved, the pay raise goes into effect 01 Jan 2002. The pay table does not include the proposed targeted pay raise President Bush is also proposing. If that pay raise is approved, all service members will receive a 5 percent pay raise with some mid-level NCO's and officers receiving as much as 10 percent. The pay table is available at <http://www.defenselink.mil/specials/militarypay2002/paychart2002.html>.

ECSTASY WILL NOT ONLY KILL YOUR NAVY CAREER, BUT IT CAN ALSO KILL YOU. For this reason, the Navy has targeted the drug ecstasy, also known as MDMA, as a hazard to readiness and force protection. Protecting Sailors and Marines is a major component of force protection and to succeed it requires a team effort. Preparedness and individual personal performance are essential. Drug use dulls the "combat edge" that military personnel need to be able to respond effectively in an operationally intense environment. Therefore, the Navy has "zero tolerance" for illicit drugs. Individuals found guilty of illegal drug use face an other than honorable discharge in addition to reduction in grade and loss of pay. An adverse military discharge results in a loss of Veterans Affairs educational benefits, including the Montgomery GI Bill. A drug conviction can also result in a loss of other federal college fund benefits. Sharing of drugs is distribution that most likely will end in serious jail time and a bad conduct discharge. Sailors and Marines who use ecstasy are under the impression that it is a "safe" drug. This is far from the truth. For those who chose to ignore the warning, ecstasy, also known as "Adam," "XTC," "hug," "beans" and "love drug," has resulted in hospitalization and even death. Medical risks associated with ecstasy use include: - A sharp increase in body temperature that can result in dehydration, muscle breakdown, and kidney and cardiovascular system failure.
- Psychological difficulties, including confusion, depression, sleep problems, drug craving, severe anxiety and paranoia that can sometimes last weeks after taking ecstasy.
- Physical symptoms such as muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, faintness and chills or sweating.
- Increases in heart rate and blood pressure, a special risk for people with undiagnosed circulatory or heart disease. Adverse drug reactions are frequently associated with ecstasy use. Ecstasy is often "cut" with other drugs, or drug substitutes are sold as ecstasy. The danger is a "Russian roulette" for a reaction to these drug mixtures, especially individuals who are already taking other prescribed or over-the-counter medications.

FALL 2001 PRT CYCLE: Start now! Beat the rush! If you have not been adhering to the CNO Directed three times a week exercise program, don't wait for the last minute. Mark your calendars now for the upcoming semi-annual PRT cycle! The PRT schedule for the FALL 2001 Cycle is as follows:

09JUL 01-07 SEP 01 -- Risk Assessment and Medical Screening

10 SEP 01-14 SEP 01 – Weigh-Ins at the Drill Hall, 0630-0830 (Body Composition Assessment)

17 SEP 01-20 SEP 01 – PFT Testing (Run/Swim, Curl-Ups, Pushups, Sit-Reach at the Cedar Point Beach Pavilion from 0800-1000. SWIMMERS AT 0800 ONLY.)

Report to your Competency/PMA PRT Representative ASAP to do your Risk Factor Screening. This **MUST** be done prior to the weigh-ins and **MUST** be done prior to any medical screenings required. The only form Medical will accept for Medical Screenings will be the SF 600 printed directly from the PRT Program by your Competency/PMA Rep.

YOU MUST HAVE A CURRENT PHYSICAL EXAMINATION TO PARTICIPATE Failure to maintain or update your physical will result in a non-participant status for the upcoming PRT Cycle AND Service Record/EVAL/FITREP entries as directed by OPNAVINST 6110.1F.

Non-participation in testing is also a failure and will be documented accordingly via page 13 entries and other means as required by the OPNAVINST 6110.1F.

Scheduling conflicts (i.e. travel, TAD, etc.) need to be addressed with your PMA/Competency Representative listed below ASAP so other arrangements can be made PRIOR to the above dates.

PRT COORDINATORS

CODE	NAME	PHONE
AIR-00	YNC MACK ALSTON	7-7825
AIR-7.0/8.0	IT1 SILVER	2-6881
AIR1.0	CDR GEORGE SMITH	7-6613
AIR-2.0	LCDR ROBERT KILPATRICK	7-7862
AIR-3.0	AMHC MARK GRAY	7-3103
AIR-4.1	LCDR SCOTT PORTER	7-7017
AIR 4.5	LCDR BILL RINGER	7-5707
AIR-4.10	LT COLIN SMITH	2-8277
AIR-5.0	AOC MIKE RACINE	7-3034
AIR-6.0	ADC MIKE TATE	7-3064
CNARF	CDR DUANE MALLICOAT	7-8535
GOSHAWKS	LCDR JIM PARISH	7-5167
PEO(W)	LT PAUL BURROWES	7-6196
PMA-201	LT LEE GRUBBS	7-7456
PMA-205	ATC RICK PASKOSKI	7-8138
PMA-231	LCDR JOHN PEARSON	7-7219
PMA-234	LCDR DAVID WARUNEK	7-7955
PMA-241	LT ROBERT HYDE	7-7322
PMA-260	ATC DON LAROCCO	7-6892
PMA-264	AWCS MICHAEL KNEIP	7-5716
PMA-265	LT JULIE HUNTER	7-7629
PMA-271	CDR ROBERT VICKERS	7-4008
PMA-275	LT HOMERO RAMOS	7-5579
PMA-290	LT ROBIN ATKINSON	7-6738
PMA-295		
PMA-299	LCDR MICHAEL CERNECK	7-5313

JAG NOTE: The Immigration and Naturalization Service (INS) has created a Military Service Center at P.O. Box 87426, Lincoln, Nebraska 68501-7426. This Military Service Center is the single point of contact for military service members seeking Naturalization. The Department of Defense and the Immigration and Naturalization Service have struck a deal to expedite the handling of service members' citizenship applications. The agreement requires the Department of Defense to assist the service members in preparing and submitting their applications. This program is expected to drop the time it takes to become a citizen from 18- 24 months to just 6-9 months, with a future goal of getting it down to just 4-6 months. Information regarding eligibility may be obtained from the INS website at www.ins.usdoj.gov or 1-800-375-5283. For more information or questions please contact LCDR Pete Schmid or Ms. Chasity Dyson at 757-0586/5 or e-mail SchmidPD@navair.navy.mil and DysonCC@navair.navy.mil, they are located in Bldg. 2272 Rm. 536.2

DEADLINE FOR SIGNING WORKSHEETS: September 2001 Navy-wide advancement exam worksheets are available for verification and signature by exam candidates in the ESO office between 0730 and 1500 daily. Deadline for signing is 23 August 2001.

MEDICAL BIRTH MONTH RECALLS: Personnel having birthdays in the month of July are requested to verify their medical records and check for current five year physicals. Medical is standing by to assist M-T-W from 0800-1100. Points of contact are HM2 Gough at 2-2757 or HN Garey at 2-1444.

MILITARY SUPPORT SERVICES LAUNCHES NEW WEB SITE: If you are looking for information regarding military personnel and military personnel programs, there is a new web site that will both provide information and links to other sites. Included are areas regarding PRT, DAPA, Command Career Counselor, Training, FITREPS, Retirement, Leave, Resignations, Check-in Procedures, Advancements and Promotions, Officer Data Card. You will also be able to link to DFAS, NAVADMINs, ALNAVS and the latest Plan of the Week. Go surf around the site and let us know what you think. You can either send an e-mail via the Web Master Link or directly to PNC Dumais at dumaispa@navair.navy.mil. Access to the website is available through the link <http://hro.navair.navy.mil/military>

SK/AK MERGER: E-8 personnel in the Aviation Storekeeper (AK) and Storekeeper (SK) ratings now use the title "Senior Chief Storekeeper," as part of the merger of these two ratings which began when SK and AK E-9 personnel merged in 2000. The merger was developed in conjunction with Commander, Naval Supply Systems Command (NAVSUP) Supply Vision 2005. Advances in shipboard logistic practices and technology created the need to consolidate the two ratings without any decline to fleet support or impact to Sailors. The merger will combine AK responsibilities with the established SK rating. Conversion from AK to SK for rated Sailors is automatic; no individual action is required. Newly converted E-8 personnel will use the title "Senior Chief Storekeeper," but may retain their AK rating badges until either advanced to E-9, or when they reach their second anniversary of the conversion (June 30, 2003). E-7 personnel in these ratings will merge in June 2002, E-1 through E-6 SKs and AKs will merge in January 2003. For more information on the AK to SK merger, contact CDR Spruill, Supply Enlisted Community Manager at (703) 614-6850 or LT Menard at (703) 614-6649.

FLEET AND FAMILY SUPPORT CENTER UPCOMING SEMINARS/WORKSHOPS: The seminars/workshops are open to active duty, retired military personnel and their family members, and DOD Civil Service employees and their spouses. There is no charge; however, reservations are necessary, as seating is limited. Also, FFSC will bring professional/general development training to your organization that meets your needs, whenever you need them. Please call FFSC at 342-4911 for reservations or for more information. For further information see the monthly newsletter. **Child Care:** Reimbursement for E-1 through E-5 is available for workshops. **Parents must pick up the necessary paperwork prior to the event.**

Retired Activities - Monday-Friday, 1515-1700

K. J. GARBE
Director, Military Services